## Claim No. 1:

A portable mat member for walking maneuvers over the upper surface having means thereon for the walking maneuvers thereon, comprising:

- (a) a longitudinally extending mat member having an upper surface and a lower surface, said mat member having a first lateral edge and a second lateral edge, said mat member having a first end edge and a second end edge;
- (b) a longitudinally extending marking member extending from said first end edge to said second end edge, said marking member being for walking maneuvers over the upper surface of said mat member, said marking member extending above the upper surface of the mat member and said marking member having a luminous coating on the upper surface thereof.

## Claim No. 2:

A portable mat member for walking maneuvers over the upper surface comprising:

- (a) a longitudinally extending mat member having an upper surface and a lower surface, said mat member having a first lateral edge and a second lateral edge, and said mat member having a first end edge and a second end edge, said first lateral edge being thicker than said second lateral edge;
- (b) longitudinally extending marking means for walking maneuvers over the surface of said member means extending from said first end edge to said second end edge, and wherein said marking means extends upwardly above said upper surface of said mat member and wherein said marking means has a luminous coating over a portion of said marking means.

## Claim No. 3:

A portable mat member for walking maneuvers over its upper surface having means thereon for the walking maneuvers thereon, comprising:

- (a) a longitudinally extending mat member having an upper surface and a lower surface, said mat member having a first lateral edge and a second lateral edge, and said mat member having a first end edge and a second edge, said first lateral edge being of a greater height than the height of the second lateral edge;
- (b) a longitudinally extending medial line member extending from said first end edge to said second end edge, said medial line member being raised upwardly above said upper surface of said mat member with said medial line member having flourescent substances on at least a portion thereof.